

2025 MIAC Volleyball Regional and National Awards

2025 AVCA All-America

Pos.	Name	Institution	Class	Hometown	High School	Team	Previous Selections
L	Morgan Ryan	St. Olaf	Sr.	Chanhassen, Minn.	Minnetonka	Second Team	2024 (HM)
OH	Leah Berg	Gustavus	Sr.	Kenyon, Minn.	Kenyon-Wanamingo	Honorable Mention	
MB	Peyton Howie	Bethel	Jr.	Blaine, Minn.	Irondale	Honorable Mention	2024 (HM)
OH	Kali Jones	Saint Benedict	Jr.	Annandale, Minn.	Annandale	Honorable Mention	
MB	Maren Miller	St. Olaf	Jr.	Urbandale, Iowa	Des Moines Christian	Honorable Mention	
L	Maren Sundberg	Gustavus	Sr.	Eagan, Minn.	Eagan	Honorable Mention	

2025 AVCA Region IX Freshman of the Year

Pos.	Name	Institution	Class	Hometown	High School
S	Sophia Rubio	Bethel	Fy.	Woodbury, Minn.	St. Croix Lutheran

2025 AVCA All-Region IX

Pos.	Name	Institution	Class	Hometown	High School	Team	Previous Selections
OH	Leah Berg	Gustavus	Sr.	Kenyon, Minn.	Kenyon-Wanamingo	First Team	--
MB	Peyton Howie	Bethel	Jr.	Blaine, Minn.	Irondale	First Team	2024
OH	Kali Jones	Saint Benedict	Jr.	Annandale, Minn.	Annandale	First Team	--
MB	Maren Miller	St. Olaf	Jr.	Urbandale, Iowa	Des Moines Christian	First Team	--
L	Morgan Ryan	St. Olaf	Sr.	Chanhassen, Minn.	Minnetonka	First Team	2024
L	Maren Sundberg	Gustavus	Sr.	Eagan, Minn.	Eagan	First Team	2024 (HM)

OH	Evelyn Kreft	St. Olaf	Jr.	Becker, Minn.	Becker	Honorable Mention	--
S	Sophia Rubio	Bethel	Fy.	Woodbury, Minn.	St. Croix Lutheran	Honorable Mention	--

2025 College Sports Communicators Academic All-America

Pos.	Name	Institution	Class	Hometown High School	Team	Previous Selections
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2025 College Sports Communicators Academic All-District

Pos.	Name	Institution	Class	Hometown	High School	Previous Selections
RS	Taylor Hoehns	Augsburg	Sr.	Cedar Falls, Iowa	Dike-New Hartford	2024
S	Jovial King	Augsburg	Jr.	Caledonia, Minn.	Caledonia	--
L	Maggie Lile	Augsburg	Jr.	Spring Grove, Minn.	Spring Grove	--
L	Elise Uphoff	Augsburg	Jr.	Marshfield, Wis.	Marshfield	--
OH	Lauren Hetfeld	Bethel	So.	Webster, Wis.	Webster	--
MB	Peyton Howie	Bethel	Jr.	Blaine, Minn.	Irondale	2024
OH	Eleanor Pelzel	Bethel	Sr.	St. Joseph, Minn.	St. Cloud Cathedral	--
DS	Grace Therrien	Bethel	So.	Rogers, Minn.	Buffalo	--
MB	Jennifer Bricker	Carleton	Jr.	Troy, Mich.	Troy	2024
L	Ella Curtis-Revelle	Carleton	Sr.	Denver, Colo.	North	2024
OH	Sylvia Dixon	Carleton	Sr.	Vienna, Va.	James Madison	2024
S/L	Megan Smith	Carleton	Jr.	Salem, Ore.	Sprague	2024
MH	Lauren Bangs	Concordia	Jr.	Owatonna, Minn.	Owatonna	--
OH	Mallory Leitner	Concordia	Sr.	Dilworth, Minn.	Dilworth-Glyndon-Felton	2023 2024
L	Kelsi Martini	Concordia	So.	Pequot Lakes, Minn.	Pequot Lakes	--
OH	Logan Brent	Gustavus	So.	Ramsey, Minn.	Anoka	--
DS	Olivia Stockham	Gustavus	Sr.	Big Lake, Minn.	Big Lake	--
RS	Sydney Timm	Gustavus	Sr.	Lakeville, Minn.	North	--
MB	Grace Bathurst	Hamline	So.	Moorhead, Minn.	Moorhead	--
DS	Mandy Dierks	Hamline	Sr.	Sioux Falls, S.D.	Roosevelt	--
S	Cameryn Sand	Hamline	So.	Clear Lake, Minn.	Cathedral	--
S	Hannah Morrow	Macalester	Jr.	Raleigh, N.C.	Millbrook	--
RS	Avery Rahe	Macalester	Sr.	Olathe, Kan.	West	2023
MB	Sydney Stratton	Macalester	Jr.	North Liberty, Iowa	Liberty	--

OPP	Brooke Andries	Saint Benedict	Jr.	Marshall, Minn.	Marshall	2024
DS	Chaeli Hauptert	Saint Benedict	Sr.	West Lake, Texas	Fort Worth Christian	--
MB	Mackenzie Knofczynski	Saint Benedict	Sr.	Willmar, Minn.	Willmar	2023 2024
MB	McKenna Moehrle	Saint Benedict	Jr.	Eden Valley, Minn.	Watkins	--
MH	Emily Bredman	St. Catherine	Sr.	Barnesville, Minn.	Barnesville	--
RS	Mallory Johnson	St. Catherine	Sr.	Osceola, Wis.	Osceola	2023 2024
OH	Liz Rosen	St. Catherine	Sr.	Clear Lake, Wis.	Clear Lake	--
OH	Brenna Bruchert	Saint Mary's	Sr.	Eau Claire, Wis.	Memorial	2023 2024
S	Kinlee Grattan	Saint Mary's	So.	Hoka, Minn.	La Crescent	--
OH	Paige Klug	Saint Mary's	Jr.	Caledonia, Minn.	Caledonia	--
MH	Kali Olson	Saint Mary's	Jr.	New York Mills, Minn.	New York Mills	--
S	Paige Christophersen	St. Olaf	Sr.	Lincoln, Neb.	Lincoln	2023 2024
MB	Dori Hobbie	St. Olaf	Sr.	Falcon Heights, Minn.	Minnehaha Academy	2024
OH	Evelyn Kreft	St. Olaf	Jr.	Becker, Minn.	Becker	--
MB	Maren Miller	St. Olaf	Jr.	Urbandale, Iowa	Des Moines Christian	2024
MB	Lindsey Baribeau	St. Scholastica	Sr.	Biwabik, Minn.	Mesabi East	2023 2024
DS	Cassidy Lustig	St. Scholastica	So.	Ashland, Wis.	Ashland	--
S	Natalie Yackley	St. Scholastica	Sr.	New Ulm, Minn.	New Ulm	2023
L	Bryn Ziegler	St. Scholastica	Jr.	Hutchinson, Minn.	Hutchinson	--